



Engaging Classroom Practice

Leap PE Conference - Bucks & MK | 16th October 2025

Will Swaites |  @Will_Swaites

2-3.15pm

2:00

Arrival Activity: Discuss in pairs...

1. What examination PE courses does your school offer?
2. What does a typical examination PE lesson look like in your school?



PE & Sport Qualification Landscape: Crowded, Complex & Constantly Changing

QCF: Qualifications & Credit Framework

UNIVERSITY				
LEVEL 8	Doctorate PhD			
LEVEL 7	Master's Degree MA, MSc, MPhil			
LEVEL 6	University Degree BA, BSc			
LEVEL 5			Foundation Degree FdA, FdSc	HND
LEVEL 4				HNC
LEVEL 3	A-Level	A2	L3 Extended Diploma (National Diploma)	L3 Diploma (National Certificate)
		AS		
LEVEL 2	GCSE Grades A-C	L2 Diploma (1st Diploma)		
LEVEL 1	GCSE Grades D-G	L1 Diploma (Foundation)		
ENTRY LEVEL 3	Key Stage 3	E3 Diploma (Foundation)		
SCHOOL / 6TH FORM		F.E. COLLEGE		

Ofqual

Grading new GCSEs from 2017

New grading structure	Current grading structure
9	A*
8	
7	
6	A
5	
4	
3	B
2	
1	
U	C
	D
	E
	F
	G
	U

GOOD PASS (DfE)
5 and above = top of C and above

AWARDING
4 and above = bottom of C and above

TRADITIONAL
ROUTE
VS
VOCATIONAL
ROUTE

PE/ SPORT qualifications @ level 2

All qualifications included in the 2024 secondary performance tables, with discount codes (as at August 2022)

Type	Qualification Number	Qualification Title	Sector Subject Area	Guided learning hours
Academic	60181618	Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education	8.1 - Sport, leisure and recreation	130
Academic	60182799	AQA Level 1/Level 2 GCSE (9-1) in Physical Education	8.1 - Sport, leisure and recreation	120
Academic	60183238	OCR Level 3 Advanced Subsidiary GCE in Physical Education	8.1 - Sport, leisure and recreation	180
Academic	60184425	OCR Level 1/Level 2 GCSE (9-1) in Physical Education	8.1 - Sport, leisure and recreation	120
Academic	60184449	WJEC Eduqas Level 1/Level 2 GCSE (9-1) in Physical Education	8.1 - Sport, leisure and recreation	120
Academic	6018839X	WJEC Eduqas Level 3 Advanced Subsidiary GCE in Physical Education	8.1 - Sport, leisure and recreation	180
Technical Award	60370075	NCFE Level 1/2 Technical Award in Health and Fitness	8.1 - Sport, leisure and recreation	144
Technical Award	60370105	NCFE Level 1/2 Technical Award in Sports Studies	8.1 - Sport, leisure and recreation	142
Technical Award	60370178	WJEC Level 1/2 Vocational Award in Sport and Coaching Principles	8.1 - Sport, leisure and recreation	120
Technical Award	60370683	Pearson BTEC Level 1/Level 2 Tech Award in Sport	8.1 - Sport, leisure and recreation	120
Technical Award	60371067	OCR Level 1/Level 2 Cambridge National in Sport Science	8.1 - Sport, leisure and recreation	120
Technical Award	60371079	OCR Level 1/Level 2 Cambridge National in Sport Studies	8.1 - Sport, leisure and recreation	120

+ Cambridge iGCSE that I know many of you still do as it is 50% exam & 50% coursework (4 physical activities from 2 categories) but it doesn't count towards school performance tables here in England so very few follow it domestically (a few independent schools)
NB new syllabus out for 2022-2024

Engaging Classroom Practice

Session Aims:

01

Good, Bad & Ugly

A reflection on the very best and worst practice you have seen in classroom teaching

02

Theory into Practice

A brief exploration of some of the best Teaching, Learning & Assessment strategies

03

A look at Oak

My chance to share what you can access for free from Oak National Academy and how you might use it

Self-reflect
Challenge
Inspire



The Big Question...

Does the plan for the session meet your needs or do you want something else?



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60

Pose



10 seconds to think in silence

Pause



50 seconds paired discussion

Pounce

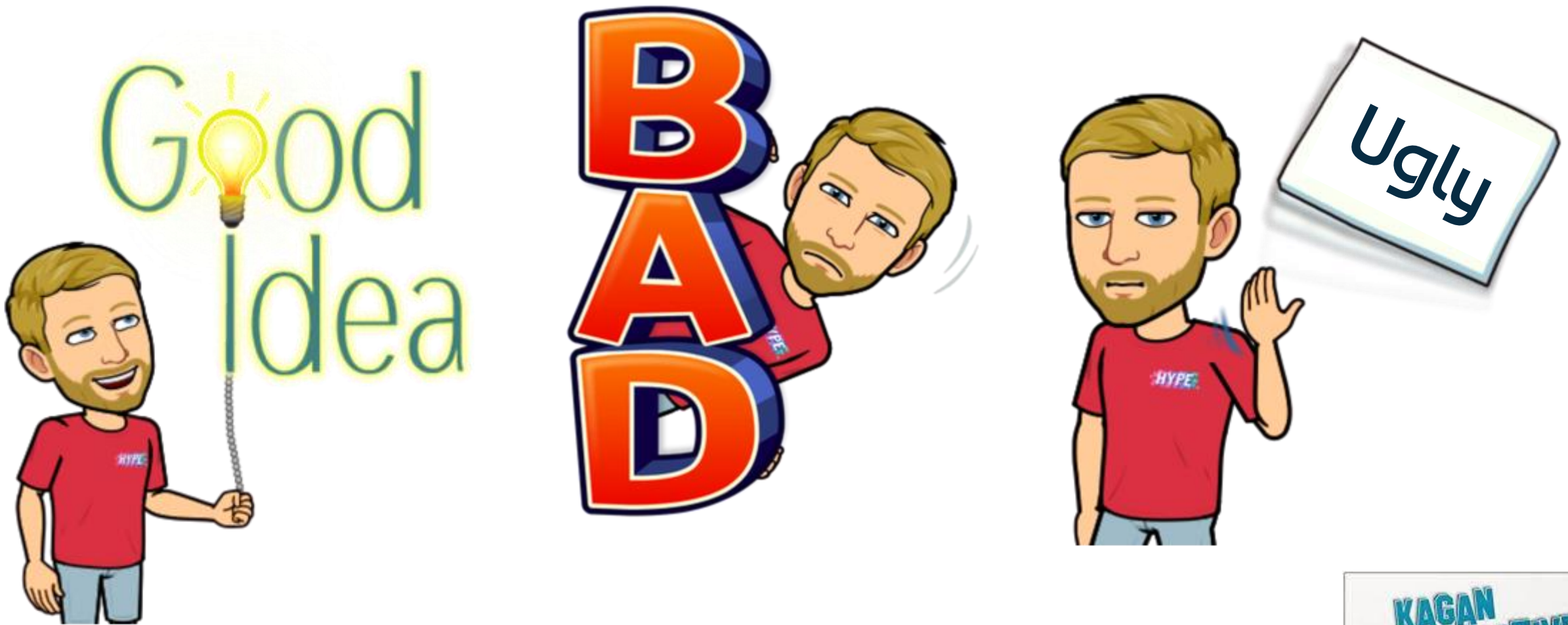


Individual selected to respond

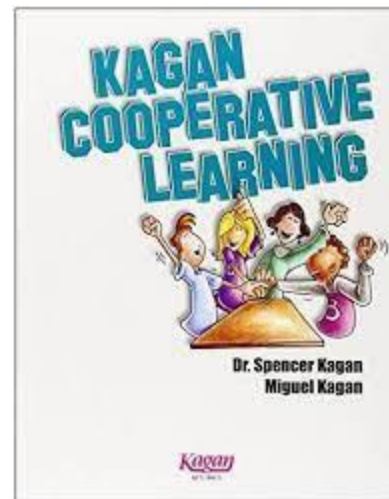
Bounce



Student answer bounced to add to



Using Talking Chips (A Kagan's Co-operative Learning Structure)



Talking Chips

Instructions:

- Everyone has a 'chip'
- If you want to talk, place your chip in the centre of the table
- When everyone has placed their 'chip' in the centre, collect them all and start again (either with the next question/ topic or digging deeper on the same topic)

Source: https://www.kaganonline.com/catalog/cooperative_learning.php#BKCLW

The questions:

1. What is the best classroom lesson you have ever seen and why?
2. What is the worst classroom lesson you have ever seen and why?
3. What is the best classroom lesson you have taught and why?
4. What is the worst classroom lesson you have taught and why?

All Write Round Robin

Instructions:

- Everyone has a piece of paper and puts their name at the top
- A question is shared, and all group members must write an answer then pass the paper clockwise
- Check the answer you receive and 😊 or ? next to it to illustrate if you agree or don't understand then add another answer on the next line
- Repeat

Source: https://www.kaganonline.com/catalog/cooperative_learning.php#BKCLW



PE SCHOLAR



@WillSwaithes

The question:

**What are the
current big buzz
words when it
comes to teaching
and learning?**



Stand and Share

Instructions:

- All stand with your own list of answers
- One student shares with the class
- Everyone else ticks that answer off if they have it or add it to their own list
- Sit down once all your answers have been said BUT continue to add additional answers
- Last person standing is the winner



Source: https://www.kaganonline.com/catalog/cooperative_learning.php#BKCLW



PE SCHOLAR



@WillSwaithes

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Cognitive Psychology

Numbered Heads Together

Instructions:

- Form a group and number yourselves 1 to 4
- I will ask a question
- Take a moment to think then stand up in your group and discuss until you form a consensus on the answer
- Sit down as soon as you are happy with your answer
- I will randomly select 1, 2, 3 or 4 to stand up and feed back

The question:

What do you think are the TOP 5 features of successful classroom teaching?

Source: https://www.kaganonline.com/catalog/cooperative_learning.php#BKCLW



PE SCHOLAR



@WillSwaithes

FEATURES OF SUCCESSFUL CLASSROOM TEACHING

Relationships – safe & human

Routines – e.g. Do now; I do ? we do ? you do

Clear success criteria – an A.S.K.

Connect with prior knowledge

Specific specification informed

Retrieval practice

Individual challenge

Interleaving

Extension activities

Learning transfer

Dual coding

Knowledge organisers

Beyond PowerPoint!

Higher order thinking skills

Practical application & real-world relevance

Stretch & challenge

Plenaries, DIRT & metacognition

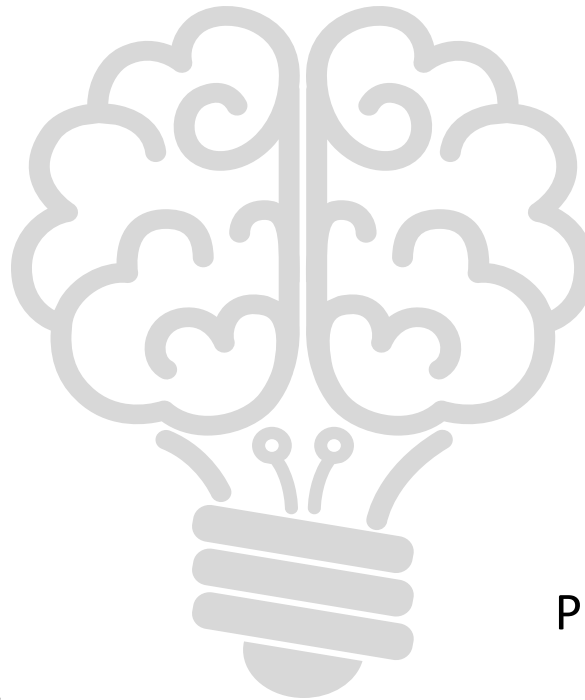
Seek opportunities for practical exploration

Inspire curiosity

Draw on recent news articles

Co-operative learning
e.g. Kagan

Practice vs Performance mode & ‘the learning pit’



Rally Robin

(aka the word association game or head-to-head or mallets mallet)

Instructions:

- In pairs, take it in turns to give a response to the first question until you run out of answers
- Go on to the next question
- Get ready for your pair to be challenged to perform in front of the whole class

Source: https://www.kaganonline.com/catalog/cooperative_learning.php#BKCLW



PE SCHOLAR



@WillSwaithes

The questions:

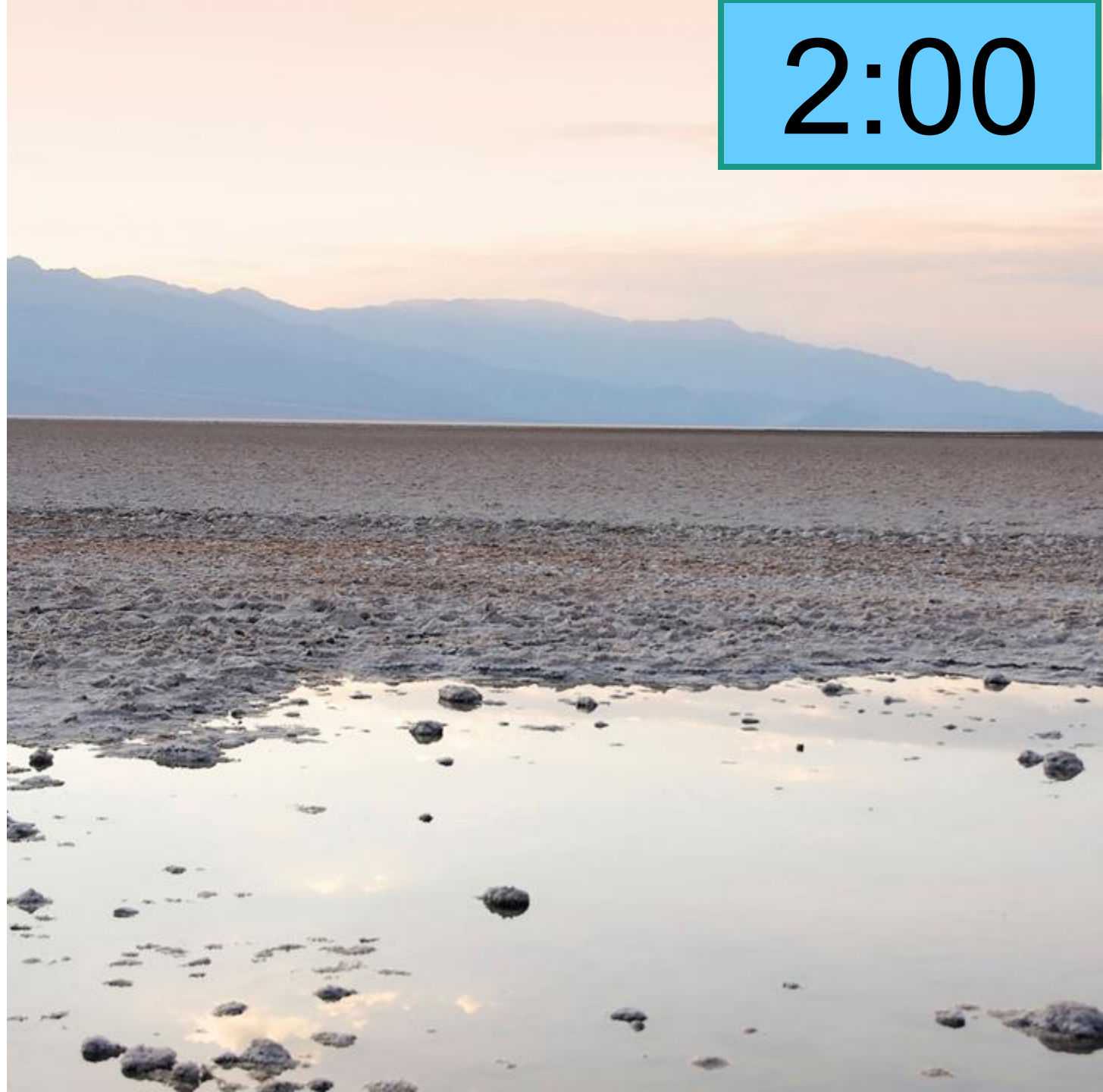
1. What are the 10 components of fitness?
2. What 12 muscles do students need to know for GCSE PE?
3. What bones articulate at the following joints?
Knee – Elbow – Hip - Shoulder

Dedicated Improvement & Reflection Time

What has been the ONE most useful
piece of learning so far?

What ONE question do you still have?

2:00



GCSE Physical Education Content

<https://www.thenational.academy/teachers/key-stages/ks4/subjects/physical-education/programmes>



Hot off the press free & fully editable resources



What do you know already about Oak National Academy?

Aisha

Physical education



Produced in partnership with



PE SCHOLAR



AI Experiments **New**

Teaching resources



Curriculum plans



Pupils

Teachers

Time-saving teaching resources

Get a head-start on your lesson planning using quality-checked resources you can download and adapt for free.

Search

physical education



View subjects by key stage

EYFS

KS1

KS2

KS3

KS4



Slide decks



Worksheets



Quizzes

PE secondary curriculum overview - GCSE PE

GCSE

120 lessons with variations for

AQA

OCR

Edexcel

Paper 1

Applied anatomy and physiology

Physical Training

Paper 2

Socio-cultural

Sport psychology

Health, fitness and wellbeing

Plus

Use of data

Exam technique and answering the extended answer questions

NEA: practical activity areas and preparing for the written coursework
athletics, football, netball, rugby, badminton



Resources in theory lessons: GCSE



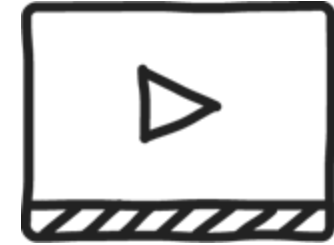
Curriculum
information



Slidedeck



Worksheets
and answers



Video



Prior knowledge
starter quizzes



Exit
assessment
quizzes



Additional
materials



Transcrip
†



Keywords

anatomy	the branch of science concerned with the physical structures of the body
physiology	the study of how the human body works or functions
musculoskeletal	a combination of the muscular and skeletal system comprising of muscles, bones, joints and connective tissues
skeleton	the structural frame that supports the body and is made up by a collection of bones
joint	a place where two or more bones meet



Task A Define anatomy and physiology



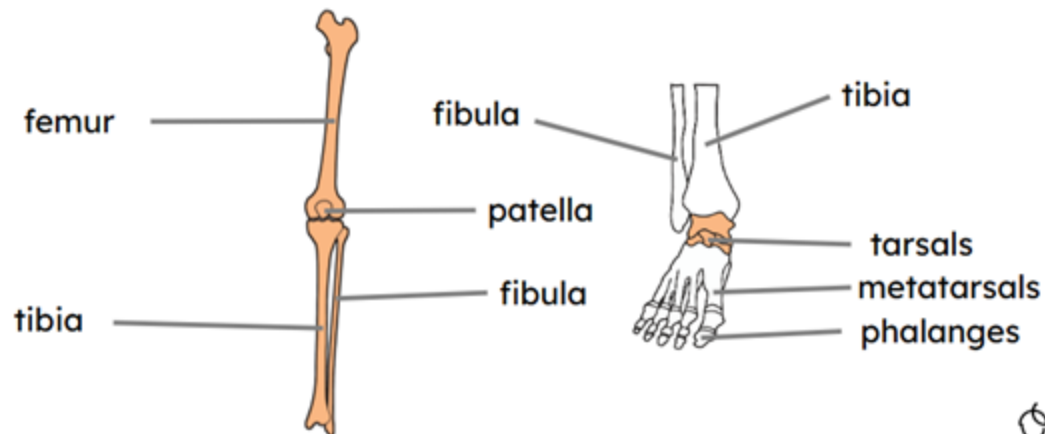
1. Add labels to identify the skeletal and muscular systems as well as a short description to state what that system does.
2. Explain briefly how the systems interact with each other.



Identify major bones of the skeleton



Bones in the leg and foot:



Describe the functions of the skeleton



Which of the following is NOT a function of the skeleton?

- a** a site for muscle attachment to allow movement
- b** providing support to hold the body upright
- c** production of blood plasma ✓
- d** storage of minerals including calcium and phosphorus



Resources in practical lessons



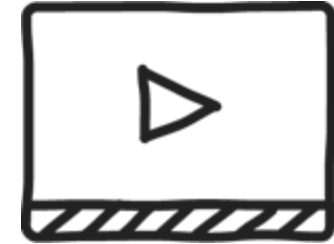
Curriculum
information



Lesson
guide



Worksheets
and answers



Demo
videos



Prior knowledge
starter quizzes



Exit
assessment
quizzes



Additional
materials



Lesson guides

Running

Lesson outcome

I can experiment using different running techniques to know how to run as fast as possible.

Key learning points

- Move: running fast requires focusing forwards and pumping the arms.
- Move: running fast requires driving from the balls of your feet.
- Think: using the correct technique with our head, arms and feet enables us to run faster.
- Feet: showing confidence in your running technique will help to improve performance.
- Connect: showing empathy and encouragement helps others with their technique.

Keywords

running: the activity of moving fast using our feet
fast: moving all or part of the body quickly
technique: a way to perform a task

Starter quiz

1. What is the quickest way of moving?
A. walking B. jogging C. running ✓
3. What do we call an open area that we can run into?
A. space ✓ B. square C. box

2. Which activity requires the most energy?
A. walking B. running ✓
C. sitting down
4. What do we call a person who is trying to stop you from winning?
A. defender ✓ B. attacker

Equipment

- 1 beanbag each
- 20m of running track
- 30+ cones all colours
- 15 red cones

Bringing quizzes to life

Warm up

Use the warm up to enable pupils to demonstrate their prior knowledge of **running** while staying in a space. Try **running** in different directions, **fast** then slow and then on different parts of the feet.

Cool down

In pairs, pupils walk following each other around the space, changing direction and leader, ensuring they are always in a space.

Exit quiz

1. What is it called when we move all, or part of the body as quickly as possible?
✓ **fast**
2. What do we do with our arms when **running** to ensure we can run as **fast** as possible?
✓ pump them
3. Why should we **run** using the correct technique?
✓ to be as **fast** as possible
4. What could we say to someone who has not won, which would show empathy?
✓ well done for trying

Head position when running

Explanation

Running while focusing forwards is important for moving as fast as possible. You can do this by using these techniques:

- your head facing forwards
- your head to the side
- your head up or down
- your head in your **running** to challenge yourself to

Practice

1. Put pupils in pairs. Pupils take turns to **run** from a start point to an end marker 20m away, **running as fast** as they can with their head:
 - focused at the floor then up at the sky
 - moving side to side
 - focused forwards
2. Ask pupils which way of using their head feels the most effective and why.

Adapt

- ↓ get pupils to **run** only focussing the head forwards
- ↑ get pupils to apply learning in a race against their partner

Feedback

Move: pupils are pumping their arms and using the balls of their feet to **run**.

Feet: pupils are showing self-belief as they challenge themselves to **run as fast** as possible.



GCSE Physical Education Content

<https://www.thenational.academy/teachers/key-stages/ks4/subjects/physical-education/programmes>

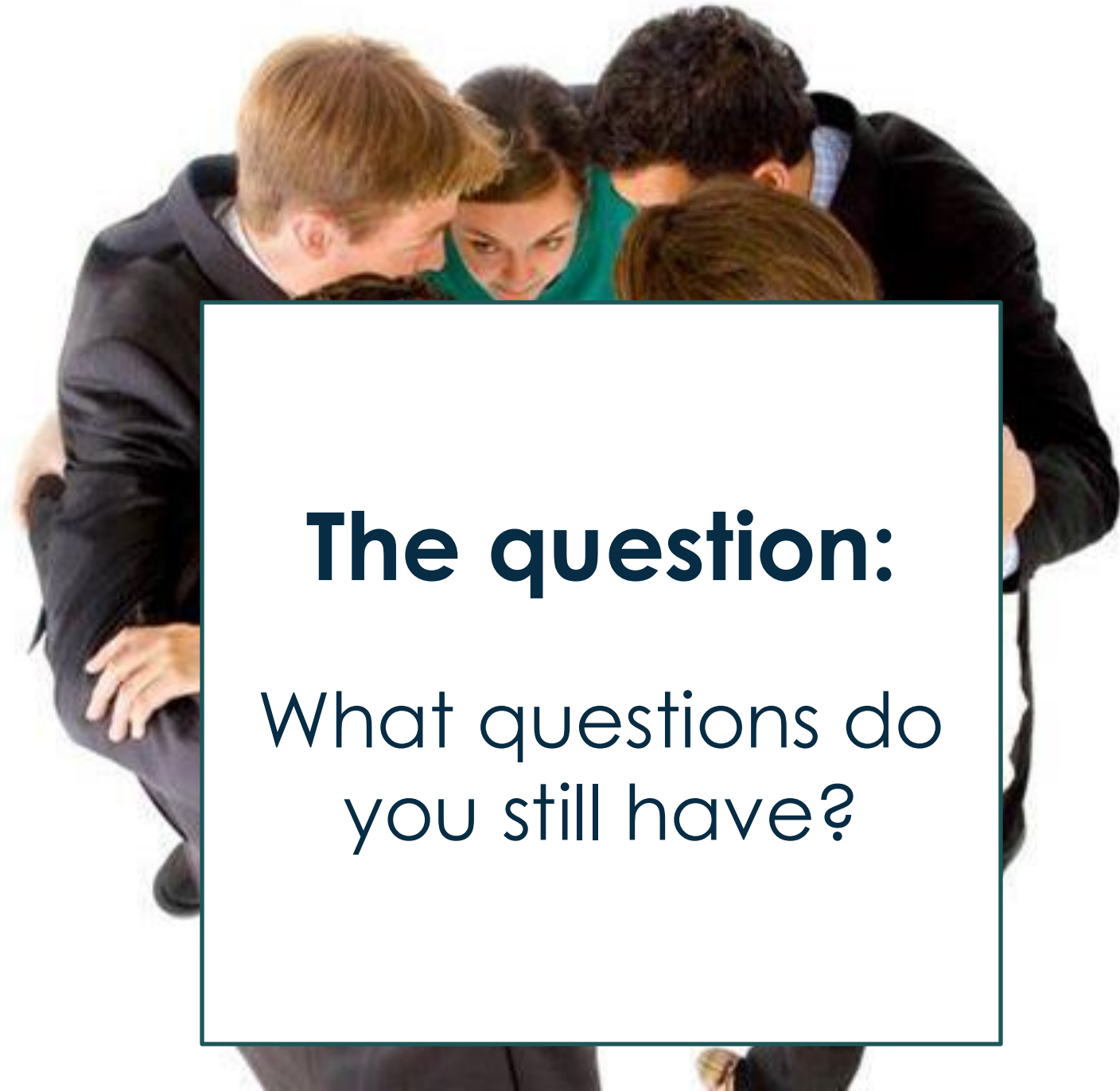


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The question:

What questions do you still have?



Hungry for more?

Examination PE Courses & Resources @PEScholar -

<https://www.pescholar.com/courses/>

- James @The_EverLearner - <https://theeverlearner.com/> = for students
- Zeph @Pegeekcorner -
https://drive.google.com/drive/u/0/folders/1_oh0GB9Akk5vg0G8vq6Q6cbRIgiRqoRk
- Nathan @NWalkerPE - <https://nathanwalkerphysed.com/> = iGCSE
- Jackie @PeActive - <https://peactive.co.uk/> = AQA
- Ross Howitt @HowittPe
- Tony @GCSEsimplified - <https://gcsesimplified.co.uk/> = for students
- Alex @ImSporticus =
<https://drowningintheshallow.wordpress.com/blog-index/academic-pe/>
= Blogs

Books:

- Kagan's Cooperative Learning Structures
- The Science of Learning (Busch & Watson)
- Visible Learning for Teachers (Hattie)
- Teaching WalkThrus (Sherrington & Cav)
- Retrieval Practice (Jones)





What has been the most valuable bit from this session?



<https://psch.la/PESfeedback>

Email:

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